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DRY'S NELSON {page 17}



DEXTER,
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{page 3}

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See pullout in today's paper

HALIFAX

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Tuesday, June 21, 2011
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News worth
sharing.

Wild. Rampage



► An employee at Uncommon Grounds is seen through a window that was broken by a deer that made an unexpected visit to the coffee shop in Halifax's south end yesterday morning. Story, page 4.

PHILIP CROUCHER/METRO

Deer smashes into café

Cases made against, for council reduction

- Councillors Outhit, Hum suggest boundary review committees be independent
- Decision on council size expected within 4 months
- Consultant hired by board suggests 20-member council way to go



JENNIFER
TAPLIN
@METRONEWS.CA

Some speakers urged courage and others caution at the Nova Scotia Utility and Review Board hearing into the size of Halifax regional council last night.

"I'm asking you to be wise and brave and not come down and say 20 because it's a compromise," said Paula Minnikin, representing Citizens of Halifax.

She said council should be trimmed from the current 23 councillors to 14.

Mayor Peter Kelly, Halifax Chamber of Commerce president Valerie Payn and Coun. Tim Outhit also pressed the case for a smaller council.

"I believe a smaller council represents the sentiments of HRM residents," said Kelly, who proposed a number of 16 plus the mayor.

He quoted several polls that show growing support for council reduction.



"All voices would still be heard, as they are in other Canadian cities of similar size to us, but which have fewer elected representatives than we do."

MAYOR PETER KELLY TO UARB

He added he doesn't believe this would mean a bigger work-

load for the remaining councillors, and if it did, savings could be used to hire more staff.

Coun. Linda Mosher told the board the workload already involves 12-hour days and 100 emails a day. A smaller council will also weaken HRM's clout with the province, she said.

"Clearly, in this UARB hearing, the lack of public participation indicates satisfaction."

The fact that the hearing only drew 19 letters and 10 speakers — most of whom were part of "special-interest groups" — shows residents don't care that much, Mosher added.

Outhit and Coun. Debbie Hum raised their concerns about the boundary review committee, which was composed of the mayor and six councillors. The committee's suggestions to reduce districts were voted down at council in August.

"The objectivity of many councillors involved, including my own, is questionable," Outhit said.

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Convention centre focus of chat with PM

- Dexter expects decision on proposed convention centre in 'near future'
- Premier says Harper 'very relaxed' in first post-election meeting together



► Premier Darrel Dexter



► Prime Minister Stephen Harper

 **ALEX BOUTILIER**
@METRONEWS.CA

Premier Darrel Dexter said he had a constructive meeting with Prime Minister Stephen Harper yesterday — a meeting devoted to reiterating the importance of a number of big-ticket items the province is waiting on for a federal commitment.

Dexter said the conversation ranged from the proposed downtown convention centre, to the National Shipbuilding Procurement Strategy, to

the Lower Churchill Falls hydroelectric project.

"This was really a forward-looking meeting. We were looking to a number of issues that affect both the province and the federal government," Dexter told Metro last night.

The proposed convention centre, now five months overdue for an agreement between the three levels of government, figured prominently in their discussions.

"I had the opportunity to reiterate that we have a very patient developer

"We now are able to map out how we're going to proceed with each one of these projects."

PREMIER DARRELL DEXTER

who has been holding on to that property now for some time," Dexter said, "and that it was really incumbent upon us to be in a position to give him a final answer on this project in the very near future."

Dexter said he came away with the impression

that the project will have a decision in the "fairly near future."

"We cannot expect the developer to continue to absorb the cost of holding that property for very much longer," said Dexter.

"The prime minister certainly understood that, and as I said, I can't speak to directly to what the prime minister said to me ... but I certainly got the impression that he very much understood what the position of the province and the developer was."



► Joseph Potvin

Date set for volleyball coach's trial

A Dartmouth volleyball coach facing sex charges involving a teenage girl is scheduled to go to trial early next year.

Joseph Emile (Luc) Potvin, 53, was arrested on May 13 and is facing six charges, including luring a child, sexual assault, production of child pornography and distribution of child pornography.

Potvin pleaded not guilty to the charges yesterday, and a one-day trial date was set for Feb. 8, 2012 at Dartmouth provincial court. A pre-trial conference will also take place on July 26.

Potvin remains out on bail under conditions set in late May, including a curfew of 7 p.m. to 7 a.m., no contact with anyone under the age of 18 unless an adult is present and a ban on using a cellphone.

Police investigated Potvin after they received a complaint regarding his conduct with a 17-year-old girl. ● PHILIP CROUCHER

1 news



A new report details economic costs of obesity, and how individuals can fight it. Scan code for the story.

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3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca



Paper money will soon be more plastic in your wallet as new bills roll out. Video at metronews.ca

Teen in court on robbery charges

Police arrested a teenage boy late last week in relation to a robbery in Halifax.

At around 10:30 p.m. on Friday, Halifax Regional Police were called to the 5200 block of Richmond

Suspect

► Police say they are still working on identifying the second robbery suspect.

Street.

Police say a woman said she opened her door and two young men pushed their way in. They grabbed her laptop computer and left.

Investigators were able to identify one of the sus-

pects and they arrested a 17-year-old boy just after midnight on Saturday.

He was to appear in Halifax Youth Court yesterday facing charges of break-and-enter and robbery.

● METRO

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Reel. It in



► Terry Saunders, captain of the Summer Bay, straightens out fishing line along the Halifax waterfront as he and his crew get the boat ready for a deep-sea fishing cruise yesterday.

RYAN TAPLIN/METRO

Fishing for tourists in Halifax?

Uncommon occurrence at local coffee shop

- Customers, staff ‘terrorized’ by deer crashing through window
- Second deer sighting on South Park Street in two weeks: Owner

A mock buck head hangs behind the counter at the Uncommon Grounds coffee shop on South Park Street with a simple epigraph underneath: banned.

The anti-cervine sentiment was born when a rampaging deer broke through a ground-level window at the Halifax coffee shop yesterday morning.

According to owner Gordon Stevens, about six customers and staff were in the shop at the time.

The deer thrashed over tables and furniture before smashing through another panel of the plate-glass window to escape.

“He was in the main cafe area and then he must have went down by the washrooms, in behind the counter,” Stevens said at the shop yesterday. “He knocked over everything in his



► A employee at Uncommon Grounds helps clean up the mess from yesterday's surprise deer visit.

path.”

Nobody was hurt in the incident, and the deer was apprehended and tranquilized shortly thereafter by Department of Natural Resources staff at a construction site on nearby Saint Mary’s University campus.

“It looks like ... there’s no structural damage,

meaning probably no limbs broken,” said DNR spokesman Bruce Nunn.

“And the way that (the deer) dashed down the street after it was shot (with a tranquilizer), it would appear that its limbs were OK.”

The deer was transported outside the city by DNR

Who ate it?

Uncommon Grounds had a little bit of fun with the incident after the fact, noting on their Twitter account that it was not yet known whether the deer was after their coffee or their oat cakes.

staff, where it recovered from the tranquilizer and sauntered back into the woods.

“(He) stood up, looked about, walked into the woods,” said Nunn.

Stevens said the Uncommon group will not be taking any precautions to prevent future incidents with deer.

“We’re going to assume this is a one-off event,” he laughed. ■ METRO

Province reconsiders subsidizing woman’s medical marijuana

Nova Scotia’s Community Services Department is considering its response to a decision that would require it to provide financial help to a woman who grows marijuana for her own medical purposes.

Spokeswoman Kristen Tynes said yesterday the department had referred the decision by the Income Assistance Appeals Board to its legal counsel to determine the next step.

She wouldn’t say whether there would be an appeal.

A CBC report says an unidentified couple who live in Amherst have licences from Health Canada to grow up to 25 plants, but they can only afford to

3 people

Kristen Tynes said the department currently helps pay for medical marijuana for three people on income assistance.

grow six and sometimes run low on their supply.

The appeal board ruled the department should help the woman, who is on income assistance, rather than pay for her marijuana.

Under the ruling, Community Services would have to pay a one-time cost of \$2,500 to set up the grow operation and \$400 a year for supplies.

THE CANADIAN PRESS

SYDNEY MINES

Forfeiture Act passes first test

A Nova Scotia Supreme Court justice has granted an interim order forfeiting money seized in a Sydney Mines drug raid to the province, in the first use of Nova Scotia’s Civil Forfeiture Act.

Following a hearing yesterday in Sydney, Justice Cindy Bourgeois ruled the order requested

by the province’s manager of civil forfeitures met the tests set out by the act, which came into effect in April.

The province is looking to seize the \$5,725 that was seized in a drug raid in Sydney Mines on Feb. 18. John Joseph Reynolds, 36, is charged with two counts of marijuana possession.

Bourgeois issued the order even though the charges against Reynolds, a single father of three, are expected to be withdrawn when he appears in Sydney court today.

CAPE BRETON POST

Herring Cove gas station robbed

A man handed a threatening note through the window at the Ultramar gas station early yesterday morning.

It happened just before 3:30 a.m. at the Herring Cove location. Police say the man’s note said he had a gun and he wanted money and cigarettes.

But no gun was in sight. The man escaped with cigarettes and cash. ■ METRO

Not guilty plea in ballot box vandalism

A Pictou County man accused of stealing and damaging a ballot box in New Glasgow during the federal election will appear in court in December.

Alexander James MacKenzie pleaded not guilty yesterday in court to a charge of theft of less than \$5,000 from Elections Canada and mischief causing damage under \$5,000.

NEW GLASGOW NEWS

20). The Progressive Conservatives won the last provincial byelection.



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Pleas to be entered, hearing dates set in MLA scandal

► To date, all four men facing charges have been represented in court by their lawyers

Legal proceedings continue today for three of the four men charged following a police investigation into alleged spending abuses by four provincial politicians.

One current and two former members of the legislature are scheduled to appear in Halifax provincial court.

Former Conservative Richard Hurlburt returns for election and plea, while a preliminary-hearing date

is expected to be set for former Liberal Russell MacKinnon, who elected trial by Supreme Court judge alone during an April court appearance.

Hurlburt, a former cabinet minister, faces three counts of uttering a forged document.

MacKinnon faces 10 counts, one each of fraud and breach of trust, while the remaining eight are related to uttering false

expense accounts.

A preliminary hearing is also expected to be set for independent member Trevor Zinck, who last month pleaded not guilty to charges of theft over \$5,000, fraud over \$5,000 and breach of trust.

R CMP laid the charges in February after a nine-month criminal investigation. The probe began after auditor general Jacques Lapointe handed over foren-

sic audit files on specific transactions involving five former and one current member of the legislature.

Details of the allegations made in Lapointe's audit are not known.

The audit was a followup to a report Lapointe released in February 2010 that uncovered several cases of excessive and inappropriate spending of constituency funds.

THE CANADIAN PRESS

Forgery & fraud

► A fourth man charged, former Liberal Dave Wilson, has a July 7 court date for election and plea.

► Wilson faces 31 charges of uttering forged documents and one count each of breach of trust and fraud.



► Former Tory cabinet minister Richard Hurlburt.

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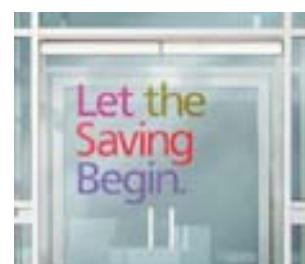
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Workplace mental health issues exposed

Mental illness in the workplace is a huge issue hiding in plain sight, a situation made clear in a report released yesterday by the Conference Board of Canada.

The report, Building Mentally Healthy Workplaces, is based on a national survey of more than 1,000 employees — including almost 500 front-line managers, with follow-up

interviews for some. The findings bookend a new initiative by the Mental Health Commission of Canada to establish national standards for psychologically healthy workplaces.

"When it comes to mental health, misinformation, fear and prejudice remain far too prevalent," the Conference Board report says. "It is time for a change."

The report says that in 2009-10, "78 per cent of short-term disability claims and 67 per cent of long-term disability claims in Canada were related to mental-health issues."

The Conference Board found that 12 per cent of its survey respondents were currently experiencing mental-health issues.

THE CANADIAN PRESS



► Louise Bradley, president and CEO of the Mental Health Commission of Canada.

CHRIS YOUNG/THE CANADIAN PRESS

Girl forced to wear bomb vest: Police

► Pakistani authorities say suicide-bomb vest contained nearly nine kilograms of explosives

Police said yesterday that militants kidnapped a nine-year-old girl on her way to school and forced her to wear a suicide-bomb vest. The girl and police said she managed to escape her captors as they directed her to attack a paramilitary checkpoint in northwest Pakistan.

Sohana Jawed, who is in Grade 3, said she was abducted near her home in the northwestern city of Peshawar on Saturday and taken to Lower Dir district, a four hours' drive away.

Police in Lower Dir presented Jawed at a news conference, where she told her story dressed in her blue and white school uniform. But police in Peshawar said they haven't received a complaint of a missing girl and haven't identified a resident with her name.

Initial police reports of

Rare move

► Militants in Pakistan have often used young boys to carry out attacks, but the use of young girls is rare.

security incidents in Pakistan are sometimes wrong.

Jawed said during the news conference that she was grabbed by two women while on her way to school and forced into a car carrying two men.

Lower Dir police chief Salim Marwat said the suicide vest seemed designed to be detonated remotely.

The kidnappers brought the girl to a checkpoint run by the paramilitary Frontier Corps located about 10 kilometres outside Timergarah, he said. When they got out of the car, she sprinted toward the para-



► Sohana Jawed, a nine-year-old Pakistani girl, sits during a news conference in Lower Dir in Timergarah, Pakistan, yesterday.

military soldiers to show them what she was wearing, he said.

By the time the paramilitary soldiers realized what was happening, the

kidnappers had escaped, said Marwat. Police have launched a search operation to find them, he said.

It's unclear why the kidnappers didn't detonate

the suicide bomb after Jawed ran away.

Marwat suggested they may have simply panicked and fled.

THE ASSOCIATED PRESS

Picasso's art shown in Palestine

A Palestinian art academy yesterday put on display a \$7-million US Pablo Picasso masterpiece, the first of its kind in the West Bank.

Picasso's 1943 Buste de Femme is on loan from the Van Abbemuseum in Eindhoven, Holland. Organizers said they had to overcome a lack of reliable transport and several Israeli checkpoints along the way.

The small art school in Ramallah put in the loan request in early 2010. Nor-

2 It took two years to arrange the loan of Picasso's piece, the art academy says.

mally, such inter-museum exchanges are routine and take about six months to co-ordinate, but this took two years.

"Nothing is normal over here," said Khalid Horani, art director of the Palestinian academy.

The painting is the most valuable and prestigious

Western artwork ever shown in the West Bank and is part of the Picasso In Palestine exhibit in Ramallah aimed at introducing Western art to the Palestinians.

The 100-cm-by-80-cm oil-on-canvas work — a cubist deconstruction of a woman's face, dominated by grey hues — is the Dutch museum's most valuable piece of art. It has travelled before to São Paulo, Brazil.

THE ASSOCIATED PRESS

News in brief

Saudi activists court Western female support

DUBAI, UNITED ARAB EMIRATES. Saudi activists are urging the West's top women diplomats to publicly support a campaign by women in Saudi Arabia to win the right to drive.

About 40 Saudi women drove Friday, saying they were beginning a

campaign to lift the restrictions. No arrests were reported.

THE ASSOCIATED PRESS

107-year-old Greek patriot dies

THESSALONIKI, GREECE. A funeral service was held yesterday for 107-year-old Vasiliki Lambidou. The woman lived near the Greek-Turkish border along the Evros river, and had raised a Greece flag at her house every day since 1962. THE ASSOCIATED PRESS

Tories table bill to end postal dispute

The Conservative government brandished the sword of back-to-work legislation for the second time in a week yesterday, this time to force an end to the Canada Post lockout.

If the two sides can't agree to their own deal by the time the bill passes, it will be up to an arbitrator to decide which side has the better offer.

But while the end of the postal lockout may be welcome news for those eager to see mail services resume, critics are alarmed at what appears to be a major change in labour relations policy for Canada. THE CANADIAN PRESS

Man charged in e-peeping investigation

Police in Peterborough, Ont., have arrested a man alleged to have secretly taken videos and photos of a housemate's girlfriend getting changed.

The other man discovered the material on the suspect's computer in late May.

He called police after learning a hidden camera had been placed in the bedroom he shared with his girlfriend.

Michael Kehoe, 19, was arrested Sunday and charged with voyeurism. CKOM

44 die in plane crash: Officials

A passenger jet crashed in heavy fog late yesterday on a highway in northwestern Russia, just short of a runway whose high-intensity lights had failed, killing 44 people, officials said. Eight people survived the crash.

The RusAir airline Tu-134 plane was going from Moscow to Petrozavodsk, Oksana Semyonova, an Emergencies Ministry spokeswoman, told The Associated Press.

THE ASSOCIATED PRESS

Family's nightmare recalled in abduction trial

► Grainy video footage reveals a moving, dark silhouette near mall

The family of a woman who was missing for 26 days before she was found last year in Moncton, N.B., feared she had a heart attack in the mall where she worked,

the trial of the man accused in her kidnapping heard.

The woman's sister told the court she began calling police and local hospitals on the morning of Feb. 27, 2010, after her brother-in-law phoned to say his wife should have been home from work hours earlier.

The court heard a 911 recording of the sister, whose name cannot be revealed due to a publication ban, asking police to check to see if her 55-year-old sister suffered a heart attack inside the locked mall.

"I felt sick to my stomach," said the sister.

Romeo Cormier, 63, has

Testimony

► In outlining the prosecution's case to the jury last week, the Crown said the woman will testify she was abducted at knifepoint outside the mall, and was sexually as-

aulted while held against her will in a basement apartment.

► The woman was found after she ran into a street near the mall and flagged down the driver of a passing courier truck.

pleaded not guilty in the Court of Queen's Bench to charges of kidnapping, forcible confinement, sexual assault, assault with a weapon, theft and uttering death threats.

The sister cried in court as she described the joy she

felt on March 24, 2010, when she learned her sister was alive.

"I will never forget the hug I gave her that night," said the sister.

The trial is scheduled to resume today.

THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESS



► Romeo Cormier, 63, leaving court in Moncton, N.B., last year.



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► New rules mean anything goes when choosing web suffix ► Instead of .com, how about .harry or .sally?

 BEATRICE
BEDESCHI
METRO WORLD NEWS

So long, dot-com era; hello, dot-whatever. The world of website names is about to undergo a revolution, with anyone allowed to choose whatever suffix they want for their website, including ideograms and Arabic characters.

At the moment, a web address can end with one of only 22 suffixes: .com, .org and .net, for example. But in the near future, websites could end with tailored suffixes such as .kids, .shop or .hal for Halifax.

The body in charge of deciding the rules for website names, ICANN (International Corporation for Assigned Names and Numbers), said yesterday that it will open up the market of address endings, also known as gTLD's, generic top level domains.

The group, based in Marina del Rey, Calif., called it "one of the biggest changes ever" to the Internet naming system.

The Internet community, governments and companies have been pressing for open domain name extensions for years. But with a customized domain expected to cost about \$185,000, only big organizations are expected to apply for now.

Technology writer Robin Wauters, of TechCrunch.com, said the decision could have "the most repercussions ever

taken by ICANN since the introduction of .com."

But while the move may offer good branding opportunities for companies, organizations and cities, he warned that the new domain name extensions could end up causing confusion. And there is no way to predict if the advantages of owning a "brand domain" will justify the high cost.

Market moment

TSX	Dollar
	
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Plastic. Money



► Canada's new polymer banknotes in \$50 and \$100 denominations are unveiled yesterday at the Bank of Canada in Ottawa.

SEAN KILPATRICK/THE CANADIAN PRESS

Coming in on a high note

Canada is switching to polymer banknotes to replace paper-cotton bills that wear and tear more easily. The first to go plastic will be the \$50 and \$100 bills. Polymer banknotes are more durable and harder to fake than paper money.

Google to digitize historic tomes

A treatise on a stuffed hippopotamus, an 18th-century English primer for Danish sailors and a description of the first engine-driven submarine are among 250,000 books to be made available online in a deal between Google and the British Library.

The arrangement will let Internet users read, download and copy thousands of texts published

between 1700 and 1870. The books range from Georges Louis Leclerc's Natural History of the Hippopotamus, or River Horse — which includes a description of a stuffed animal owned by the Prince of Orange — to the 1858 work A Scheme for Underwater Seafaring, about the first combustion engine-driven submarine.

THE ASSOCIATED PRESS

14M

The goal of the library is to make the bulk of its 14 million books and 1 million periodicals available in digital form by 2020. They will be available on the British Library and Google websites.

**DOWNTOWN
HALIFAX**

BUSINESS COMMISSION

Downtown Halifax Business Commission

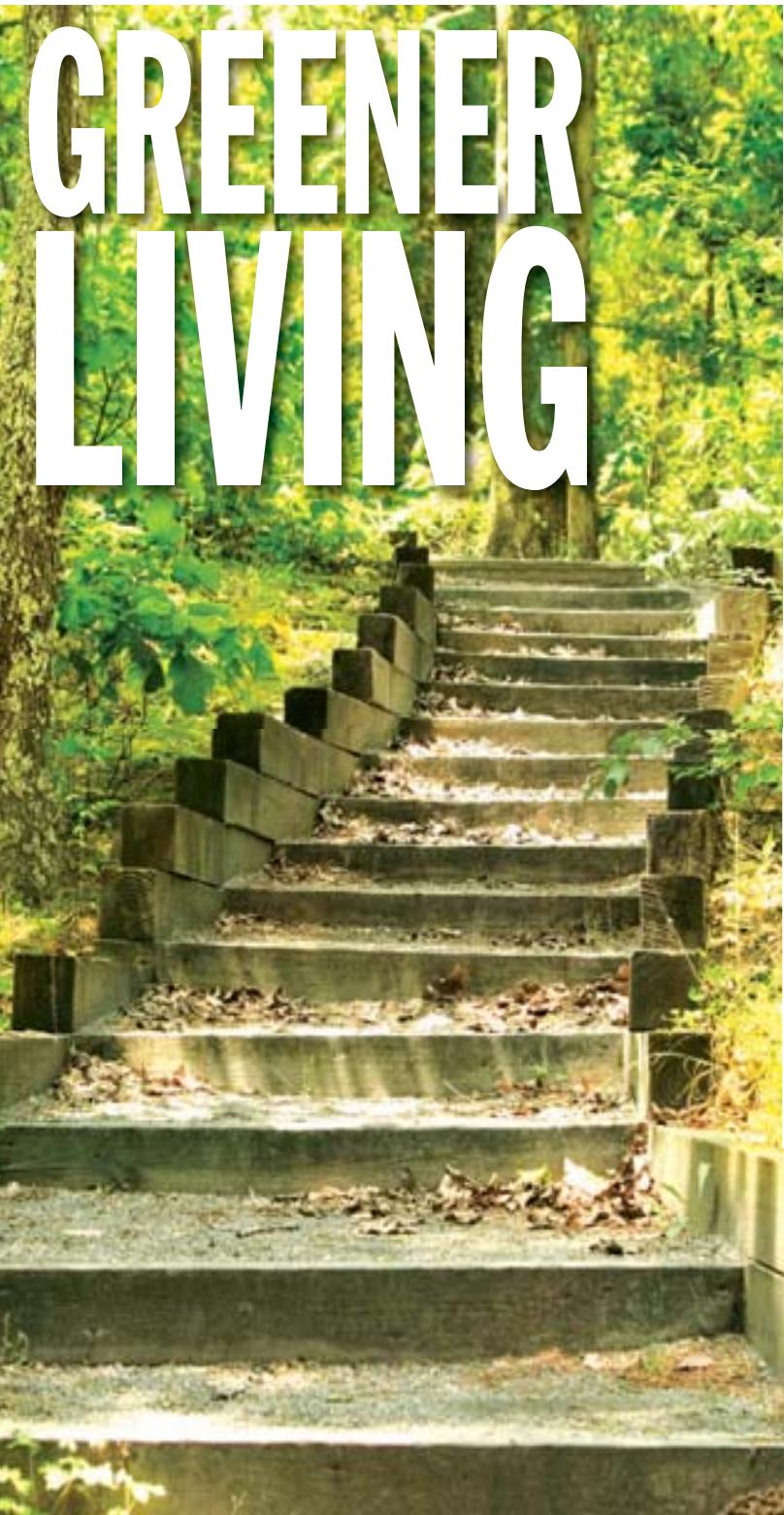
Annual General Meeting
at Bâton Rouge Restaurant & Bar
(in the Morse's Tea Building)

1877 Hollis Street, Halifax
Thursday, June 23, 2011
4:00-6:00 pm

Downtown Halifax business members welcome.
RSVP by June 17 to Andrew at
423-2179 or communications@downtownhalifax.ca.

www.downtownhalifax.ca

GREENER LIVING



JUPITERIMAGES/COMSTOCK/THINKSTOCK

ZEROING IN ON ZERO WASTE

Did you know that when you look at North America from space, the highest point of land on the eastern seaboard is a landfill site? Now more than ever, we need to reduce, reuse and recycle.

What do you put in your garbage? Some people throw out old clothes when they can be recycled or even torn up and used as rags. A lot of food and beverage containers end up in the garbage when all you have to do is clean them out and put them into the blue box. And, of course, paper documents belong in the recycling bin too. Then there's packaging — Canadians throw away about half a kilogram of packaging each and every day, says Gill Deacon, author of *Green for Life* and more recently *There's Lead in Your Lipstick* (both Penguin Books).

Deacon and other waste experts point to the zero waste philosophy as a way to live your life — and make positive environmental changes.

"Zero waste is a philosophy and a goal to work towards," says Craig Bartlett, Manager, Waste Operations for the Region of Durham in Ontario.

"Because everyone would like to see the end of garbage as we know it."

The zero waste philosophy encourages the redesign of products and resources so that all products can re-used in some way — and the amount of garbage sent to landfill minimized. It also puts the onus on everyone to reduce the amount of waste they generate.

At the same time, Jed Goldberg, president, Earth Day Canada, says it's important to remember that waste is not just something you throw into the blue box or garbage. "It's actually a measure of inefficiency. Waste is anything that's used that doesn't need to be used. It could be fuel in your car."

What we really have to do, he says, is change our attitudes about waste and even its description. "It's not garbage, it's not recycling; it's using resources that don't need to be used."

FEATURED INSIDE:

- A NEW WAY TO DO BUSINESS
- TIPS TO REDUCE YOUR WASTE
- WASTE REDUCTION QUIZ

Metro has partnered with Dasani to teach Canadians about Choices. Little things like choosing the bike over the car for a trip to the ice cream parlour or replacing your lightbulbs. One of the choices we made right here is printing this feature on 100% recycled paper. We can all do it. Look inside to learn more or visit metronews.ca/greenerliving.



THE BIG PICTURE



A
BLESTOCK.COM/THINKSTOCK
cycle. What that means is producers are increasingly looking at ways to incorporate environmental considerations in the design of their products.

ENVIRONMENTAL SEATING PLAN

Green Chair Events, Vancouver, is sitting pretty. The company plans and creates affordable and sustainable events, and it was recently recognized by Earth Day Canada with a 2011 Hometown Heroes Small Business award.

"We are the missing link in reducing waste between governments and organizers at events who put on things," explains company spokesperson Liliana Segal. "Our goal is to make sure all garbage and waste goes to the right place and gets reduced, reused and recycled."

To reduce waste in the workplace, Green Chair Events suggests that businesses re-negotiate flat rate garbage disposal fees so that billing is done by the amount of garbage generated.

STUDENTS GET TOP MARKS IN RECYCLING EFFORTS

Last fall students from 70 schools in six provinces participated in the Recycle My Cell Challenge and collected almost 4,000 wireless devices as well as close to 200 kilograms of batteries and other wireless accessories. Way to go!

A SHIFT IN THINKING HAS MADE WASTE REDUCTION A NEW WAY TO DO BUSINESS

"Zero waste has positioned people to think of recycling as a business opportunity," says Rob Cook, Chief Executive Officer, at the Ontario Waste Management Association, a non-profit organization that represents private-sector service providers.

"Over the last 10 to 15 years, we've recognized that landfill may not be the best way to deal with all materials," he says. "And people now look on at resource recovery as economically beneficial."

In the past, products were cradle-to-grave — you bought a product, used it and it ended up in the garbage.

"Now when we talk about packaging and other materials, a good cradle-to-cradle lifespan is the goal," says Bartlett — and that means the product isn't thrown out but recycled in some way into something else.

Items once thought as garbage are now used in other ways. For example, there's little scrap metal that ends up in landfill because metal is so valuable. There are technologies that can turn plastic water bottles into high value fabric or into biofuels. There are also programs to recycle toilets and sinks, and possibly shingles.

Landfill is always the last option after reduce, reuse, recycle.

WHAT IS EXTENDED PRODUCER RESPONSIBILITY?

Environment Canada explains that as a policy approach, it's when a producer's responsibility for a product is extended to the post-consumer stage of the product's life

THINGS GO BETTER WITH – PLANTS!

Thirsty for something good? Coca-Cola Canada is now using plant-based materials in its new Dasani water bottle.



The company created its innovative PlantBottle™ packaging through a process that turns sugarcane into a key component of PET plastic. And, it is entirely recyclable in existing systems.

The Dasani PlantBottle is made from up to 30 per cent plant-based materials. The Company's long-term goal is to reach a 100 per cent plant-based package for all of its products.

"It's our goal to make traditional plastic bottles a thing of the past and ensure that every beverage we produce is available in 100 per cent plant-based, fully recyclable packaging," says Scott Vitters, general manager, PlantBottle Packaging Platform, The Coca-Cola Company.

The PlantBottle also helps the company reduce its carbon footprint, says Vitters. Traditional PET bottles are made from petroleum and other nonrenewable fossil fuels. But incorporating a blend of petroleum-based materials with up to 30 per cent plant-based materials means Dasani packaging reduces potential intrinsic carbon dioxide emissions when compared with PET plastic bottles.

SUGARCANE ETHANOL FROM BRAZIL

Coca-Cola Canada uses sugarcane ethanol feedstocks in Brazil for its PlantBottle packaging. The sugarcane is considered an advanced renewable fuel by the Environmental Protection Agency and is the only first generation biofuel widely recognized around the world for its unique environmental and social performance.

Designed to Make a Difference™

1 unique
redesigned
plastic bottle

2 up to 30%
made from
plants

REDUCE YOUR WASTE: IT'S EASIER THAN YOU THINK



ISTOCKPHOTO/THINKSTOCK

MICHALAK STRESSES THAT ONE PERSON CAN DO A LOT TO ENCOUR- AGE CHANGE AND MAKE A DIFFERENCE

Five years ago, Rene Michalak, co-ordinator of Rethink Red Deer, a local citizen action group, started Garbage Free February as a personal challenge. The goal was to make choices that would not produce garbage and contribute to landfill, and he blogged about his experience online. Several friends took the challenge with him the next year. In year three, a dozen or so people, as well as a few businesses, took part. "Now I can't keep track anymore," says

Michalak, who is also Network Manager for the Alberta Environmental Network in Red Deer, Alta. Garbage-Free February has become a community success story, and this year it may partner with the Recycling Council of Alberta.

Michalak stresses that one person can do a lot to encourage change and make a difference. Of course, one way to do that is to start thinking about what you throw out — can you divert it in some way?

Here is a checklist of other ways to reduce waste.

- Purchase recyclable and reusable goods only.
- When you see over-packaged items in retail stores, complain. That's what Jed Goldberg of Earth Day Canada did when he saw a plastic-wrapped coconut — and the store stopped doing it.
- Don't buy over packaged products — or leave the extra packaging with the retailer.
- When there's an option, always choose the product with less packaging (for example, a roll of stamps, not the large, flat package).
- Buy in bulk.
- Buy second-hand. Check websites such as Craigslist and Kijiji, and stores such as Value Village.
- Think about all the products you buy — how they are made and how you will dispose of them.
- Bring your own carry bags when you are shopping.
- Be a good role model — always practice and share positive environmental habits.
- Use re-useable coffee mugs — bring them to your favourite coffee store and the office. Avoid Styrofoam completely.
- Compost organic waste. Use the municipal green bin program if available or compost in your yard.

3 still 100% recyclable



plantbottle™

PlantBottle® packaging is made in part from renewable materials sourced from sugarcane production to bring you the pure, crisp taste of DASANI in a bottle designed with the planet in mind. Now available nationwide.

For more information visit livepositively.ca/plantbottle



THE GREAT CANADIAN WASTE REDUCTION QUIZ

TEST YOUR KNOWLEDGE ABOUT WASTE REDUCTION WITH THIS FUN QUIZ!

1. In the grocery store

- a) You always buy bags
- b) You purchase bags but use them again to pick up after your dog or for other things
- c) You bring your own carry bags – and shop at bulk stores

2. You drink your coffee out of a

- a) paper cup from the local coffee shop
- b) travel mug
- c) styrofoam cup

3. When the batteries in your flashlight die, you

- a) put them back into the recharger
- b) throw them into the garbage
- c) set them aside for the next trip to the depot

4. When shopping for fruit and vegetables, you buy them

- a) by weight
- b) packaged
- c) always canned or frozen

5. How do you get to work?

- a) Car, rain or shine
- b) Bike or public transportation
- c) Ride with a colleague and split the cost of gas

6. On a hot day, you walk by an air conditioned retail store with its doors wide open.

You

- a) Go in and cool down.
- b) Walk on by — what a waste!
- c) Go in and speak to the manager about the wasted energy

7. After you mow the lawn, grass clippings are

- a) Bagged and left at the curb
- b) Raked up and put into the composter
- c) Left on the lawn

8. After a big family dinner, you

- a) Scrape everyone's plate into the green bin
- b) Scrape everyone's plate into the garbage
- c) Save the bones for the neighbour's dog, send leftovers home with some of your guests and scrap the rest into the garbage

To see how you measure up, add up your score.

1. a - 1, b - 2, c - 3 2. a - 2, b - 3, c - 1 3. a - 3, b - 1, c - 2 4. a - 3, b - 1, c - 2
5. a - 1, b - 3, c - 2 6. a - 1, b - 2, c - 3 7. a - 1, b - 2, c - 3 8. a - 3, b - 1, c - 2

TRIM YOUR WASTE

Rethinking your relationship with waste is one of the most powerful ways you can help stop climate change. Canadians produced an average of 837 kilograms of non-hazardous solid waste in 2006, all of which goes straight into a landfill. Landfills produce about one quarter of Canada's methane emissions — and methane is a greenhouse gas more powerful than carbon dioxide.

Here's what you can do:

REDUCE FOOD WASTE

Throwing away food is a waste of money, time and energy. Learn how to keep your fruits and veggies fresh and edible for as long as possible

RECYCLE

Making sure to take our paper, plastic, and bottles and cans to the blue box recycling bins makes a huge difference on how much waste ends up in landfills. Unsure of what can be recycled? Read about the recycling resources in your city for more info.

COMPOST

Your garbage is about 40 per cent organic waste — composting can help divert that matter from producing dangerous greenhouse gases. You don't need a yard to compost — learn how to turn your kitchen "waste" into black gold!

BE A SMART CONSUMER

Companies still produce goods that have a limited lifespan so that the consumer cycle can continue. By choosing not to buy products that are over-packaged or "disposable," you are encouraging producers to be more responsible.

— David Suzuki Foundation
www.davidsuzuki.org

RESULTS

YOUR WASTE REDUCTION PERSONALITY

UNDER 10 POINTS:

Shame on you. It's time to join the war on waste... and it's really not difficult to make a difference. Reduce, reuse and recycle.

OVER 10 POINTS:

You're on the right track but could be more pro-active in helping to make the world a better place — by creating less waste and protecting natural resources.

OVER 20 POINTS:

You are an Eco Warrior leading yourself and your family and friends, no doubt, in the war on waste! Pat yourself on the back — and keep doing what you're doing!



The small choices we make every day can make a big difference. Like choosing to print this feature on 100% recycled paper. Or by choosing the Dasani PlantBottle, made from up to 30% plants and still 100% recyclable. Because 30% less is 30% more for the environment.



HEAT CAN PLAY HAVOC WITH STYLE

SHE SAYS ...

JESSICA NAPIER
METRO



There is nothing as short and sweet as a Canadian summer. For three, maybe four, months of the year we come out of hibernation, blissfully shedding our layers of fur, fleece and goose down and remember what it's like to feel the warmth of real sunlight against our skin. However, while it's nearly impossible to dress to impress in minus-30 temperatures, looking good in the sweltering heat can be just as difficult.

As the humidex increases, the combination of greasy sunscreen and perspiration causes my carefully applied makeup to melt off my face by midday. While strolling through the city, the soles of my sandal-clad feet become caked in layers of dirt and grime. My penchant for white sundresses means I typically end up with a very obvious Jackson Pollock-esque collection of coffee, ice cream and ketchup stains all over myself.

"My penchant for white sundresses means I typically end up with a very obvious Jackson Pollock-esque collection of coffee, ice cream and ketchup stains all over myself."

The worst part about summer style is just how minimal it is. In the depths of winter, it's easy to forget what your body actually looks like under all of those protective layers. With the start of each summer season I experience an intense wave of panic at the thought of short shorts. Oh crap, am I ready to expose myself to the judging eyes of my fellow commuters? Why didn't I give up those late-night pizza parties?

Now it's too late. June is here and the pool party invites are flooding in.

Of course, there are some people who are more than happy to live in their

swimwear during the summer months — regardless of whether or not the venue necessitates waterproof apparel. For certain misguided individuals a bikini top becomes a perfectly acceptable substitute for a bra, or even a shirt.

Exhibitionists aside, most of us — no matter what size, sex or age — really hate putting on a bathing suit.

Somehow, I always manage to convince myself that I will feel much better about being nearly nude when poolside if I just buy myself a new bather. However, about 10 minutes into the experience I inevitably remember that stripping down in a badly lit fitting room to try on a two-piece is a horribly mortifying way to spend an afternoon. If you absolutely must go bathing-suit shopping this season, I recommend doing it online or immediately following a bout of stomach flu.

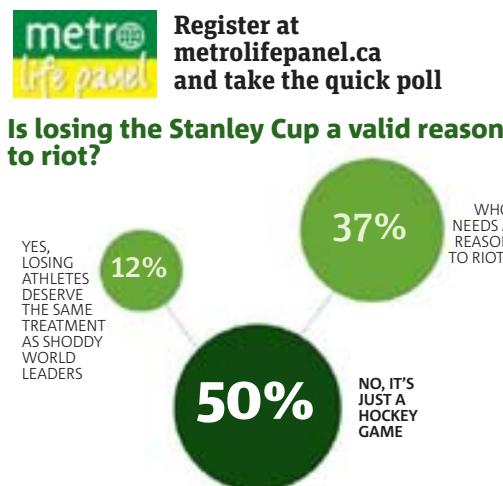
But I'll quit my whining now. Because even though ill-fitting swimsuits, frizzy hair and sweaty skin have me feeling like a hot mess this summer, I know it will be over far too soon.

Read more of Jessica Napier's columns at metronews.ca/shesays



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Local tweets



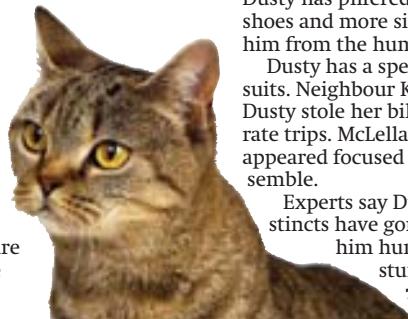
- @Werd-naYaylor: Peter Stoffer will run for Mayor of Halifax in the next elxn. His running mate will be #rampagedeer
 - @hfx_immigrant: In Vancouver, rioters broke shop windows. In #Halifax, we got deer! :-)
 - @adelory: There has to be some sort of way to connect Peter Kelly to this rampaging deer scandal. #rampagedeer
 - @HfxMetroCentre: The brilliant Jeff Beck is coming to Halifax, October 12, 2011 — tickets on sale
- Friday, June 24 at 11 am!
- @RowenaHopkins: Someone is going door to door claiming the Halifax Seaport Farmers' Market is selling \$100.00 vouchers for the market. THIS IS A SCAM.
- @Allisomething: Another letter to Halifax drivers: Do NOT try to cut in front of a bus. THE BUS WILL ALWAYS WIN. IT'S A BUS. IT'S LIKE 4TIMES YOUR SIZE. #dumb
- @rosebeefie: If anyone wants to give me an early birthday gift (Sept 15) tickets to @jillbarber at the #Halifax #JazzFest on July 11 would be perfect!

Cartoon by Michael de Adder



WEIRD NEWS

Hot on the trail of a felonious feline



A prolific cat burglar has stolen hundreds of precious possessions from homes near San Francisco.

But police are staying off the case — the

burglar really is a cat. Dusty, a five-year-old feline from San Mateo, Calif., has taken hundreds of items during his nearly nightly heists. Owner Jean Chu told the San Francisco Chronicle that Dusty has pilfered gloves, towels, shoes and more since she adopted him from the humane society.

Dusty has a special love for swimsuits. Neighbour Kelly McLellan says Dusty stole her bikini — on two separate trips. McLellan said the cat appeared focused on keeping the ensemble.

Experts say Dusty's predatory instincts have gone astray, leaving him hunting for people's stuff.

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Scene in brief



Rapper 50 Cent's newest work of fiction will have an anti-bullying message.

The Penguin Young Reader Group has signed up 50 Cent's novel *Playground*. The publisher announced Monday that the book is a semi-autobiographical young adult novel about bullying that will come out in January 2012. The 34-year-old rapper, whose real name is Curtis Jackson, has acknowledged a violent childhood and dealing drugs at an early age.

He's also released a memoir, *Pieces to Weight*, and a self-help guide co-authored by Robert Greene called *The 50th Law*.

THE ASSOCIATED PRESS



Self-published thriller writer John Locke sells 1 million e-books on Kindle

► The launch of the cryptic website Pottermore.com has sent J.K. Rowling fans into a frenzy
► So what exactly does the Harry Potter author have up her sleeves? ► We don't know (even Daniel Radcliffe has no clue) but we sure had fun taking a guess



TORSTAR NEWS SERVICE

New Line of Fragrances

How likely it is to happen: 1/5
There is already a Harry Potter perfume out there but it surely does not hurt to smell like the many other characters in that magical universe. Professor Umbridge does seem awfully nice-smelling on screen, no?

A musical? A TV series?

How likely it is to happen: 2/5
It's a natural progression for books these days. If a film is done, let's head to Broadway! Or sell the rights to broadcasting companies and have their studios produce a full season of TV episodes. It's an old-trick but it certainly keeps the fans happy and the profits-margin sky high.



A Smartphone?

How likely it is to happen: 4/5
The online community is buzzing with excitement that a new Potter-product could be released next — and this time, a Smartphone. We love phones and the smarter the phones are, the happier we will be. However, unless this Potter Smartphone acts like the Elder Wand and we are able to cast actual spells with it, we are not too excited about it. (But if the screen lights up when we say "Lumos," we may just reconsider making a purchase.)



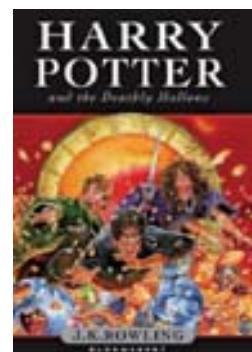
GETTY IMAGES



This owl and the one you see at the bottom left greet you at the Pottermore page.

An Entirely New Book?

How likely it is to happen: 3/5
Rowling did say (many, many times) that there would not be a sequel to the Harry Potter series. However, she did not say that spin-offs and prequels and crossover novels are out of the question.



Harry Potter and the 8th Book

How likely it is to happen: 0/5

It is more possible that an owl will deliver your acceptance letter to Hogwarts tomorrow than hearing Rowling announcing an eighth book in the series. She is very particular about numbers and magic, and given how seven horcruxes come together in seven books so beautifully, it is very unlikely that Rowling will destroy her own masterpiece by adding an eighth book.

Harry's story ended on a perfect note, and unless Rowling has an even more perfect way to extend the story, we are betting that *The Deathly Hallows* is the last book. Yes, we are sad too but we have to move on, and the final film is waiting for us next month.

At least that is definitely going to happen.

POTTERMORE?

NICHOLAS LIM
SCENE@METRONEWS.CA

J.K. Rowling has launched a new website, Pottermore.com, but sadly and mysteriously, it holds little more than a pair of

tree-perched owls and an enticing Coming Soon banner.

Clicking on the owls will bring you to a YouTube page that shows a timer, counting down to the day of an announcement, which is slated to happen June 23 at 12 p.m. British

Summer Time.

No one in the world (well, except Rowling and her little team of cloak-wearing colleagues) knows what is hitting the Muggle world.

We can only speculate — and speculate we will!

Wake-up call for Amy Winehouse

► Singer barely makes through first concert of her comeback tour ► Paid a visit to rehab in the U.K. recently ► Doctors now 'coming down hard on her'

Amy Winehouse's planned comeback tour ended abruptly on the first night after the troubled singer slouched through a Belgrade concert, dropping her microphone at times and letting a backup singer finish songs for her, according to the BBC.

The next two stops on the tour, in Istanbul and Athens, have been scrapped because "she cannot perform to the best of her ability" and

feels "this is the right thing to do," her rep says. Doctors back in the U.K., where Winehouse recently paid a quick visit to rehab, are warning the singer that she has to finally clean up her act.

"It's the last chance saloon for Amy," a source says, according to People. "Doctors have come down hard on her because of the severity of her situation. It's a harsh reality, but she had to hear it." ● METRO



► Winehouse has cancelled the next two stops on her tour.



► Lady Gaga

Lady Gaga and her man are 'totally back together'

Just a month after announcing they'd broken up, Lady Gaga is reportedly back with on-again, off-again boyfriend Luc Carl, according to Us Weekly.

"They had a little fight.

I think the breakup lasted a week or two," a source says.

"They are totally back together now."

Gaga herself admits she may have stretched the

truth in announcing her relationship's demise.

"I sometimes skirt questions about it — and maybe not honestly," she tells the magazine.

● METRO

'There's no sex tape', says Jennifer Lopez

Jennifer Lopez is speaking out about the ongoing legal battle with ex-husband Ojani Noa over home videos from their marriage that he

wants to release, a move Lopez has been fighting to block.

"My first husband has tapes of us from our life. It's horrible," Lopez tells

Culture magazine.

"It's horrible someone would try to sell personal things, but there's nothing on it. There's no sex tape." ● METRO

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Besides reducing your carb intake, another way to reduce visceral belly fat is to exercise. Researchers at Duke University Medical Center say the more exercise you do, the better. To prevent visceral fat from accumulating, walk briskly for 30 minutes six times a week (or equivalent).

To reverse visceral fat that's already there, boost the intensity or duration. CELIA MILNE



Food allergies affect about 1 in 13 U.S. kids; almost 40 per cent have bad reactions

Cutting the belly fat

New research shows the science behind why carbs can cause belly fat Researchers say that findings are important because abdominal fat is known to increase diabetes and strokes



CElia
MILNE
LIFE@METRONEWS.CA

How do you get rid of that deep belly fat? Reduce carbs such as white rice, white bread and potatoes.

Visceral fat isn't what we think of as blubber. It's a very tenacious fat that lurks deep within our bodies, surrounding our vital organs, and it's really tough to get rid of. Too much visceral fat is known to increase your risk of developing type 2 diabetes, stroke and coronary artery disease. Even skinny people sometimes have excess visceral fat.

Researchers in the nutrition department of the University of Alabama did an experiment in which they put 69 healthy overweight men and women on one of two diets for 16 weeks.

People received either a reduced carb diet (43 per cent carbs, 18 per cent protein, 39 per cent fat) or a standard diet (55 per cent carbs, 18 per cent protein,

and 27 per cent fat).

After eight weeks, the lower carb diet reduced insulin production in the body, thus resulting in loss of visceral fat. This occurred even though calorie intake was set for weight maintenance.

"This research is newsworthy because abdominal fat is known to increase risk of developing diseases such as type 2 diabetes, stroke, and coronary artery disease," says Barbara Gower, a professor in the department of nutrition sciences at University of Alabama. Decreasing carbs is a good way to reduce your risk of developing these chronic diseases without taking medication, she adds.

For the second eight weeks of the study, calorie intake was set for both groups to lose weight.

The lower carb group lost more total body fat than the standard diet group.

The study was presented recently to the Endocrine Society in Boston.



Half the man he used to be



BEN
KNIGHT
LIFE@METRONEWS.CA

Almost a quarter of all Canadian men and women are obese.

At a time when the health risks of overeating are better understood than ever, why does this problem persist?

Why is it so difficult for many of us to heed the warnings, and get our appetites under control?

Bob Fisher can tell you. The 60-year-old Toronto native's weight peaked at 336 pounds before he finally sought the help of Overeaters Anonymous in 1982.

After 28 years in the program, he is — quite literally — half the man he used to be.

"I have lost half of me," he says.

"This morning, I weigh 169."

As Fisher recalls his journey into and away from obesity, it quickly becomes clear overeating is not a simple issue.

"What I found was I was using food to change the quality of my life," he recalls.

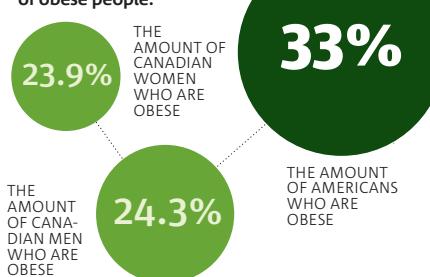
"It was my drug of choice. I never even recognized, really, what I was doing. Everyone told me it was a matter of willpower — and it had nothing to do with willpower."

It's not just a matter of stopping, then.

No amount of scary predictions from doctors, friends or family made any difference at all to Fisher. "If knowing the risks

Statistics

Looking at the percentages of obese people.



got somebody to stop doing something, there would be no need for any of the programs to tell people to stop smoking, for example. I smoked 60 to 65 cigarettes a day. I haven't had a cigarette in 22 years."

So how does anyone ever break this vicious, potentially lethal cycle?

"The first thing you have to do is admit that whatever it is you're doing isn't working," Fisher says.

"And it's not just the food that is unmanageable. Everything is unmanageable. You say 'I'm not quite sure what will work,' but the first thing to do is admit there's a problem going on, and that extra piece of chocolate layer cake is not going to make it all better."

Many overweight people find themselves constantly judged by others. Fisher counters it is vitally important to remove judgment from the equation.

"Overeating is a disease. It doesn't make you a good person or a bad person. I don't say I was good with my food today. I simply say that I didn't eat compulsively today."

For more info on Overeaters Anonymous, check out oa.org.

Of tasty Spartan salad and delicious Gladiator pizza

► If you're in the mood for quick service and a filling lunch, hit Bramoso

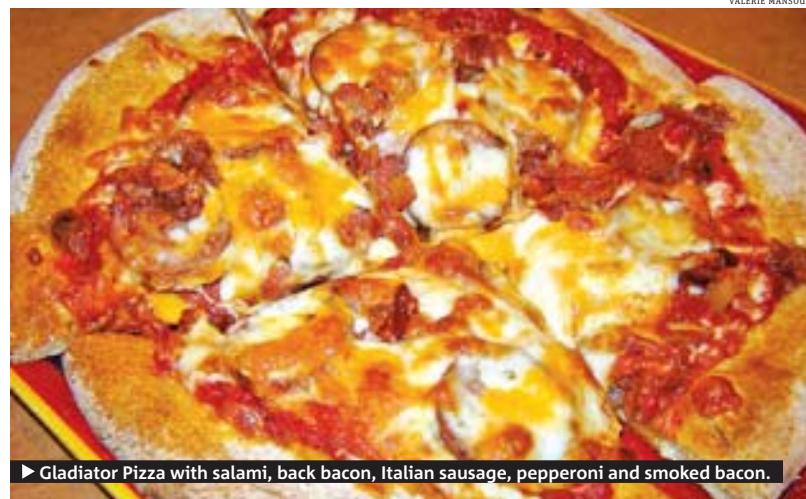
LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



It's a Friday and Bramoso Pizza is surprisingly deserted except for two folks doing take-out. Our server is friendly and fast.

My pal and I share a Spartan Salad (\$6.52) to start — fresh spinach topped with marinated sundried tomatoes, toasted walnuts, oregano and feta cheese. It's tart, tasty and



► Gladiator Pizza with salami, back bacon, Italian sausage, pepperoni and smoked bacon.

Bramoso
6169 Quinpool Rd. (Quinpool Centre)
425-2222
bramoso.com
Client negotiations: No
Social lunch: Yes
Price range: \$\$
Rating: 3.5 out of 5

just the right size to share.

We both order pizzas on whole-wheat crust from the Signature Selection (Bistro \$8.48). Bramoso makes a point of buying local as evident in its Gladiator pizza with three local meats — salami, back ba-

con and Italian sausage — as well as pepperoni, smoked bacon and a cheddar/mozzarella/provolone cheese blend, and a touch of tomato sauce.

Lombardy's Fire has several particularly-hot jalapeno slices balanced by

the sweet/tangy flavour of pineapple as well as smoked bacon, and the same cheeses and red sauce. It's a palate-pleasing combo.

Bramoso hits the spot for a quick lunch; no complaints here.

This mushroom & wild rice casserole truly cooks itself



► This wild rice and mushroom casserole serves four to six.

THE CANADIAN PRESS H/O

Preparation:

1 In a large skillet over medium, heat oil. Add onion, green pepper and mushrooms. Sauté for 5 to 6 minutes, stirring occasionally, until vegetables soften. Add garlic, tomatoes, oregano and paprika. Continue to sauté until heated through. Remove to a large mixing bowl to cool.

- rooms, thinly sliced
- 2 cloves garlic, minced
- 1 can (398 ml/14 oz) diced tomatoes, drained
- 5 ml (1 tsp) dried oregano
- 5 ml (1 tsp) paprika
- 30 ml (2 tbsp) butter
- 30 ml (2 tbsp) flour
- 375 ml (1 1/2 cups) milk
- 250 g (8 oz) pepper jack, cheddar or Swiss cheese, shredded
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) freshly ground black pepper
- 500 ml (2 cups) wild rice, cooked according to package instructions

2 In same skillet, melt butter over medium heat; whisk in flour. Cook and stir until smooth and golden, 4 to 5 minutes. Whisk in milk and bring to a boil. Whisk shredded cheese into boiling milk to produce a rich, velvety sauce. Add salt and pepper.

3 Combine cooked rice with sautéed vegetables in a large mixing bowl. Fold in cheese sauce and mix gently.

4 Grease inside of a slow cooker (14-cup/3.5-l to 4.5-l/18-cup size). Pour in wild rice mixture. Cover; cook on low for 4 to 6 hours or on high for 2 to 3 hours or until done.

**THE CANADIAN PRESS/
CROCK-POT**

Ingredients:

- 30 ml (2 tbsp) olive oil
- Half medium red onion, finely diced
- 1 large green pepper, finely diced
- 250 g (8 oz) button mush-

Shrimp Appetizer

Here is a sensational yet incredibly simple appetizer to serve with cocktails or wine before dinner on the patio this summer.

2 Add shrimp and cook 5 mins, stirring. Season. Serve with a salad of herbs such as chives, chervil and parsley. **THE CANADIAN PRESS/ MAILLE**

Preparation:

1 In a pan, heat sunflower oil. Add onion, green pepper

Ingredients:

- per, finely chopped
- 1 to 3 cloves garlic
- 30 ml (2 tbsp) old-style mustard
- 12 fresh shrimp

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ALISON GRIFFITHS
MONEY@METRONEWS.CA



Is this you — or someone you know? Female, over 55, lower income and possibly an immigrant. If so, there's help out there to navigate an increasingly complex financial world.

"The evidence is clear cut — older women are the most disadvantaged group financially, and this alone can lead to more difficulty as they age," says Alexandra Wilson, national project coordinator at the National Initiative for the Care of the Elderly (NICE).

With a tsunami of attention being focused on financial education in schools and credit and



► It's vital to develop an understanding about your finances, especially as you age.

er eight topics including developing a financial plan, preventing financial abuse and managing credit and debt.

Dealing with financial illiteracy at an older age can be one of the hardest things in the world. It's also very worrying for those who have an older, low-income woman as a family member or friend. But the often worry of what may become of her now has an answer.

debt education for indebted Canadians, older, low-income women have, until now, been largely forgotten.

The NICE project, funded by Status of Women Canada and sponsored by BMO, is rolling out a series of workshops in B.C., Ontario and Quebec aimed at putting financial tools in the hands of this vulnerable group.

The good news is that developing an understanding about money is very empowering. Just learning what programs are out there, such as the Guaranteed Income Supplement for those over 65, can give women a sense of relief about their future. Go to servicecanada.gc.ca and search for Guaranteed Income Supplement. Each workshop will cov-

er eight topics including developing a financial plan, preventing financial abuse and managing credit and debt.

If you don't live in one of the areas serviced by the workshops you can still access the information and very useful tools online at www.nicenet.ca — go to Projects then Older Women and Financial Literacy — the Financial Literacy for Older Adults Toolkit link is on the left-hand side.

► If you don't live in one of the areas serviced by the workshops you can still access the information and very useful tools online at www.nicenet.ca — go to Projects then Older Women and Financial Literacy — the Financial Literacy for Older Adults Toolkit link is on the left-hand side.

As a butler, I have had the honour and privilege to work privately for one of Canada's most famous and gracious families. After many years, I left their employ in 1996 to open my company — Charles MacPherson Associates. It is based in Toronto where we have the only registered Butler Academy in North America. In addition to our Academy, we also place domestic and hospitality staff both in North America and globally. As well, we provide private training around the globe for luxury hotels and private residences.

In the past year alone, I have travelled and worked in London, Paris,

SOCIAL FAUX-PAS NO MORE

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

Hello and welcome to my new weekly column. You might be wondering what a butler could possibly have to write about on a weekly basis — but before we get to that, why don't I tell you a little about myself.

Tokyo, Mumbai, Hyderabad, Dubai, New York, Chicago, Los Angeles, and Johannesburg. I invariably come home with a plethora of great stories and interesting cross-cultural knowledge. I have had the opportunity of meeting world leaders, movie stars, supermodels, royalty, millionaires and billionaires, and I'm now here to share my knowledge and experiences with you, the readers of Metro.

As Metro's new expert on social etiquette, I am here to answer all your questions relating to these issues.

From "Do I need to send a thank you note or can I just email or call?" to "What kind of gift is appropriate for a two-night cottage visit" to "My mother-in-law-to-be insists on being involved in all the decisions for my wedding and I don't know how to deal with her without making her feel bad" to "I drive a pretty beat up old car and wonder if it's appropriate to pick up a first date in it?"

So let's get busy! Send me your question to askcharlesthebutler@metronews.ca and remember to look for my column every Tuesday, starting next week!

ISTOCK IMAGES

POP QUIZ

How can your families save money during tax season this year?

A: Use the Universal Childcare benefit towards your children's RESP.

B: Stop feeding growing teenagers second helpings at dinner.

FIND TIPS & TRICKS

in Lesley Scorgie's Fun and Frugal Column:
Make the cost of raising a family less taxing.

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Nelson fine with heavy lifting



► Steve Nelson throws a pitch for Dartmouth Moosehead Dry.

RYAN TAPLIN/METRO FILE

► Moosehead Dry star has started four of seven games ► Leads NSSBL with three wins, 1.80 ERA



MATTHEW
WUEST
@METRONEWS.CA

Steve Nelson's arm is going to get a heavy workout this summer, but you won't catch him complaining.

Nelson, who has been one of the Nova Scotia Senior Baseball League's most dominant pitchers over the past five seasons, is being leaned on more than ever by Dartmouth Moosehead Dry following the off-season retirement of former MVP Jason Bailey.

The six-foot-three right-hander is rotating starts with Craig Langille, while Jeff Reeves has been outstanding in late-game relief.

"I love it," said the Cole Harbour native. "The more action I can get, the better — I love to pitch. I always find it hard to watch and I'd much rather be out there."

If anyone is up to the task, it's Nelson. Since his four-year pro career in the Los Angeles Dodgers farm system ended in 2005, he has been named the NSSBL's top right-handed pitcher in four of his five seasons in the league.

He said his pro experience — which included three seasons of Class A ball — has helped him stay on top of his game.

"It all has to do with what you do away from the field, whether you're throwing some ice on your arm or doing some workouts after throwing 120 pitches to get

Did you know?

Steve Nelson, the highest Nova Scotian major-league pick of all-time (160th overall to the Dodgers in 2001), was also a seventh-round pick of the Halifax Mooseheads in the 1999 QMJHL draft.

the bad toxins out of your arm," he said.

The 28-year-old's foray into the pros has also been a benefit outside of baseball. His major-league rookie contract included a clause that paid for his post-secondary education, and he just finished his business degree at Mount Saint Vincent University.

"If you do things right in your contract, stay healthy and enjoy the game like I do, you can come home, not hang your head, get your education and continue to play the sport you love," Nelson said.

With Nelson carrying a heavy load, Dartmouth is off to a league-leading 6-1 start. Despite a small roster with few spares, the powerhouse club has a third straight championship in its sights.

"We've just gotta keep truckin'," Nelson said. "If we start making errors, getting frustrated with the game, that's going to hurt us. If we stay positive and make sure we're having fun with the guys we have, we're going to be fine."

4
sports

Quoted



"I've managed since I was 14 years old. I'll probably manage until I'm 95."

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MANAGED THE
PHILADELPHIA ATHLETICS
IN A SUIT, TIE AND STRAW
HAT UNTIL 1950, WHEN HE
WAS 87.

Nadal, Williams make easy work of first round

Rafael Nadal opened his Wimbledon title defence with a convincing victory yesterday, beating Michael Russell 6-4, 6-2, 6-2 while his parents watched from the Royal Box.

The Spaniard put on a worthy performance to begin the 125th edition of the Wimbledon championship.

Five-time women's champion Venus Williams,

back on her favourite grass surface, also swept into the second round with a 6-3, 6-1 win over 97th-ranked Akgul Amanmuradova of Uzbekistan.

Earlier, Canadian Milos Raonic made his Grand Slam grass-court singles debut with a 6-3, 7-6 (3), 6-3 victory over Frenchman Marc Gicquel.

THE ASSOCIATED PRESS



► Rafael Nadal

Sports in brief

Ramsay ruled out in 'Peg

NHL. The new NHL team in Winnipeg is truly starting fresh.

Former Atlanta Thrashers head coach Craig Ramsay was informed yesterday that he had been ruled out for the position in Winnipeg, ensuring that the franchise will have new faces in all key posi-

tions. THE ASSOCIATED PRESS

Habs re-sign Pacioretty

NHL. The Montreal Canadiens re-signed injured winger Max Pacioretty to a two-year contract extension yesterday.

On March 8, Pacioretty suffered a serious concussion and a fractured vertebra on a hit from Boston's Zdeno Chara. Pacioretty had 14 goals and 10 assists in 37 games before the injury last season.

THE CANADIAN PRESS



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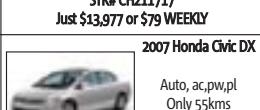
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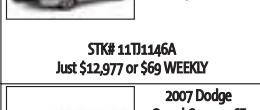
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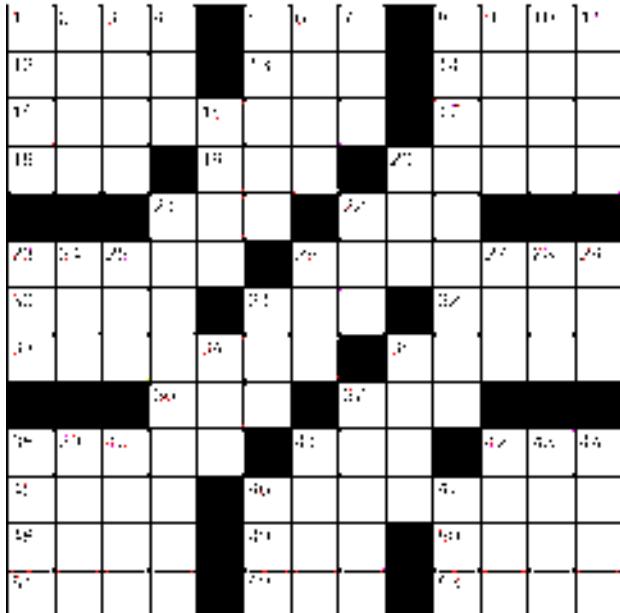
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Crossword

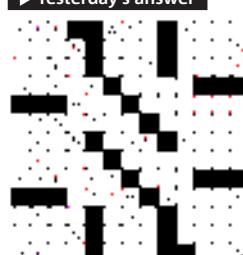
Across

- 1 Church section
5 Spring time
8 Lather
12 Colt or filly
13 Have bills
14 Lecher's look
15 One's hands and knees
17 Incite
18 Deterioration
19 Use a crowbar
20 Enthusiast (slang)
21 Play on words
22 Greyhound vehicle
23 Old tape-recorder parts
26 Surgical gripper
30 Beige
31 Toupee
32 Aware of
33 "Howards End" author
35 Fantastic
36 Watch chain
37 Caviar, essentially
38 Fake drake
41 Coffee, slangily
42 Recede
45 Obama birthplace
46 Top-rated
48 Despot
49 Hosp. hook-ups
50 Farm fraction
51 Collections
52 Spelling contest
53 "That's a relief!"
Down
1 Somewhere out there
2 Horseback game
3 Sodium chloride
4 Sprite



- 5 Grieve
6 Twisted
7 Affirmative
8 Eighty
9 Shrek, for one
10 Plankton component
11 Timid
16 Piece of work
20 Bear hair
21 Style of knickers
22 Cranberry territory
23 Ump
24 Environmentally friendly
- 25 Blunder
26 Evergreen type
27 Compass dir.
28 Sch. org.
29 Drunkard
31 "Charlotte's —"
34 Plaything
35 No stay-at-home
37 Stir up
38 They may be connected
39 Relaxation
40 Fireside occurrence
41 Jupiter's alias
42 Impress deeply

► Yesterday's answer



Today's horoscope



For today's crossword answers and for expanded horoscopes, go to [metronews.ca](#)

Aries March 21-April 20 It's an excellent time to be on the move. There's no fun in slowing down.

Taurus April 21-May 21 You may be doing OK financially at the moment but don't take your good luck for granted.

Gemini May 22-June 21 You've got a lot of momentum behind you at the moment, so don't waste it — go even faster!

Cancer June 22-July 22 No matter how difficult the past few weeks, you are feeling quietly confident about your prospects.

Leo July 23-Aug. 23 Why put yourself to the test when you don't have to? Enlist the aid of friends.

Virgo Aug. 24-Sept. 22 If you have not yet reached the place you want to be professionally, it's only a matter of time.

Libra Sept. 23-Oct. 23 The sense of freedom you feel today will be amazing, but don't forget about your responsibilities.

Scorpio Oct. 24-Nov. 22 No doubt you have many plans, but first you need to make peace with someone you've fallen out with.

Sagittarius Nov. 23-Dec. 21 Mars in your opposite sign can make you a bit too aggressive in some people's eyes.

Capricorn Dec. 22-Jan. 20 Relationships are about to take center stage. Always accept there are two sides to every story.

Aquarius Jan. 21-Feb. 18 You will start something new today and it will be a huge success.

Pisces Feb. 19-March 20 You need to deal with a family issue that is causing grief. It's time to get tough. ■ SALLY BROMPTON

Sudoku

1			6				8	
3	4			1				
8	2				4			1
2	8							
7		6		2		9		
9					5	7		
	3				7		5	
	8			3		2		
6		5		4				

How to play

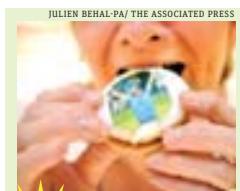
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

6	1	2	8	5	7	4	9	3
4	3	9	1	9	2	7	6	8
9	8	7	4	3	6	2	1	5
1	5	6	8	2	3	9	7	4
2	4	9	7	1	8	5	3	6
8	7	3	6	4	5	1	2	9
5	9	8	2	6	1	3	4	7
3	2	4	5	7	9	6	8	1
7	6	1	3	8	4	9	5	2

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WILL

WIN \$10,000 Dream Vacation
Book any trip with Flight Centre before June 30th & be entered to WIN![†]

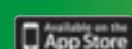
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Send a **KISS**

You can now post your kiss, and read even more kisses, online at [metronews.ca/kiss](#).

Andy
I love the way you kiss me I love the way we will always be I love the way you smile The distance between us is never but a mile I love the way you hold me My dad he already told me Its okay to marry you I can't wait till that day comes true for Andy I really truly honestly love you XOXO Kiss Kiss YOUR PRINCESSLITTLEBOOTS XOXO

JDNR
"YOUR LIPS ARE SOOOO MMMMMMMMM!! XO :)

Mark T
My darling Mark, I am so happy I found someone as loving, caring, and wonderful as you. We both know we're stuck with each other. I can't wait wait for next year. I love you, xoxo.
DOROTA



RECORD BREAKING CLEAROUT

HURRY IN! OFFER ENDS JUNE 30

2011 KIA SPORTAGE

OWN IT FROM AT

\$140* **2.99%**

LOAN APR

bi-weekly for 60 months amortized over 84 months. \$7,061 remaining balance. Includes delivery and destination, and PPSA.

HWY: 6.9L/100KM (41 MPG)
CITY: 10.0L/100KM (28 MPG)

ALL VEHICLES INCLUDE:



BLUETOOTH CONNECTIVITY®

TOP SAFETY PICK 2011[▲]
INSURANCE INSTITUTE FOR HIGHWAY SAFETY

MOTORING 2011
CAR OF THE YEAR



Sportage EX Luxury shown

TOP SAFETY PICK 2011[▲]
INSURANCE INSTITUTE FOR HIGHWAY SAFETY



Soul 4u shown

2011 KIA SOUL

OWN IT FROM **\$100*** AT **1.49%** LOAN APR

bi-weekly for 60 months amortized over 84 months. \$5,106 remaining balance. Includes delivery and destination, and PPSA.

\$0
DOWN PAYMENT

PLUS

PAY UNTIL FALL^{*}

HWY: 6.3L/100KM (45 MPG)
CITY: 7.7L/100KM (37 MPG)

TOP SAFETY PICK 2011[▲]
INSURANCE INSTITUTE FOR HIGHWAY SAFETY



Sorento EX-V6 Luxury shown

2011 KIA SORENTO

WAS **\$23,995** NOW GET UP TO **\$4,100** IN CASH SAVINGS*

CASH PURCHASE PRICE FROM **\$19,895**

HWY: 7.4L/100KM (38 MPG)
CITY: 10.6L/100KM (27 MPG)

TOP SAFETY PICK 2011[▲]
INSURANCE INSTITUTE FOR HIGHWAY SAFETY



Forte SX shown

2011 KIA FORTE

OWN IT FROM **\$97*** AT **1.49%** LOAN APR

bi-weekly for 60 months amortized over 84 months. \$4,974 remaining balance. Includes delivery and destination, and PPSA.

\$0
DOWN PAYMENT

PLUS

PAY UNTIL FALL^{*}

HWY: 5.7L/100KM (50 MPG)
CITY: 8.1L/100KM (35 MPG)



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- *5-year/100,000 km powertrain warranty
- *5-year/100,000 km extra care roadside assistance
- *no deductible charge

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Offer(s) available on all new 2011 models through participating dealers to qualified customers who take delivery by June 30, 2011. Dealers may sell for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades. **0% purchase financing is available on all 2011 Kia models on approved credit (OAC). Terms vary by model and trim, see dealer for details. Representative financing example based on 2011 Kia Forte with a selling price of \$16,695, financed at 0% APR for 48 months. Monthly payments equal \$348 with a down payment/equivalent trade off \$0. Cost of borrowing is \$0, for a total obligation of \$16,695, other taxes, registration, insurance, licensing, PPSA (\$79) and dealer fees are excluded. Retailer may sell for less. See dealer for full details. *Don't Pay Until Fall^{*} on select models (120-day payment deferral) applies to purchase financing offers on all models on approved credit (OAC) (2011 Sportage/Sorento/Borrego/Sedona excluded). No interest will accrue during the first 90 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. ▲Bi-weekly finance payment for 2011 Sportage (\$P5518)/Soul (\$G5508)/Forte Sedan (\$F5408)/F07408 based on an MSRP of \$21,995/\$15,995 is \$400/\$397 with an APR of 2.99%/1.49%/1.49% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$7,061/\$5,106/\$4,974 plus applicable taxes due at end of 60-month period. Offer includes a loan credit of \$750/\$500/\$750, delivery and destination fees of \$1,650/\$1,650/\$1,455 and PPSA (\$79). Cash purchase price for 2011 Sorento (\$P5408) is \$19,895 and includes a cash credit of \$4,000 based on an MSRP of \$23,995. Delivery and destination fees (\$1,650), other taxes, registration, insurance, licensing, PPSA (\$79) and dealer fees are excluded. Available at participating dealers. All offers exclude licensing, registration, insurance, other taxes and dealer administration fees. Other dealer charges may be required at the time of purchase. Other lease and finance options also available. Dealers are free to set individual prices. Prices subject to change without notice. Certain restrictions may apply. *Highway/city fuel consumption estimates are based on Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication *EnergyGuide Fuel Consumption Guide*. 2011 Kia Sportage/2011 Kia Soul/2011 Kia Forte Sedan awarded the Top Safety Pick by the Insurance Institute for Highway Safety. The award is applicable to all 2011 Sorento/2011 Sportage models manufactured after March 2010. Visit www.iis.ca for full details. ▲2011 Kia Sportage awarded Car of the Year by Motoring 2011 for Best SUV/UV (under \$40,000) and overall Car of the Year. Visit www.motorings.com for full details. Bluetooth[®] word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some conditions apply to the \$500 Grad Rebate Program and \$750 Kia Mobility Program. See dealer for details. Information in this advertisement is believed to be accurate at the time of print. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia Canada is the official automotive sponsor of Mothers Against Drunk Driving (MADD Canada). KIA is a trademark of Kia Motors Corporation.

